

Flat Tire Diner
4700 Old Hickory Blvd
Old Hickory/Hermitage, TN 37138
(615) 979-1533
flattirediner@gmail.com
Open 7am to 3pm Tue thru Sun
Est. 2020 - locally owned/operated
Thank You for dining with us!



Scratch Kitchen & Bakery

Important Menu Notes:

- Chef specialty
- Spicy-hot specialty
- Vegetarian specialty
- Gluten Free specialty
- Dairy Free specialty

Many menu items may be cooked to order to meet various dietary restrictions - please alert your server of any allergies when ordering

BREAKFAST IS SERVED ALL DAY!

***Eggs & ...**

(Served with hash browns & choice of fresh baked white, wheat or cinn-raisin bread, Thomas's English muffin, sourdough or rye toast with whipped butter & fresh strawberry jam - OR - Substitute bakery cinnamon roll, strawberry pinwheel or muffin for \$1.95 more)

- Two Eggs Cooked Any Style** \$7.95
- Two Eggs & Turkey Sausage Links** \$11.75
- Two Eggs & Tommy's Pastrami Hash** \$14.95
- Two Eggs & Grilled Pork Chop** with apple-bacon-onion compote \$13.75
- Two Eggs & Cash's Chicken-Fried Steak (or Chicken-Fried Chicken)** with sausage gravy \$15.95
- Veggie Omelet** (seasonal grilled veggies, pico de gallo & cheese) \$12.95
- Supreme Skillet or Omelet** (bacon, sausage, tomato, onion, bell pepper, avocado & cheese) \$13.45
- Denver Omelet** (ham, cheddar cheese, bell pepper & onion) \$12.95
- Cali Omelet** (bacon, spinach, avocado & Monterrey Jack cheese) \$12.95
- Chili Cheese Omelet** (beef & bean chili, cheddar cheese & sour cream) \$12.95
- Zoni Omelet** (beef machaca, green chilies, pico de gallo, Monterrey Jack cheese & side of poblano crema) \$14.95
- Build Your Own Omelet or Skillet with cheese** \$9.95 +
\$.75 each add-in: *bell pepper, broccoli, green chile, jalapeno, mushroom, olive, onion, pico de gallo, sour cream, spinach, tomato*
\$1.25 each add-in: *avocado, bacon, chicken, extra cheese, ham, machaca, pastrami, sausage*

***Breakfast Sandwiches & Wraps (a.k.a. burritos)**

(Served with hash browns - GF tortilla on request)

- Fried Egg, Ham & Cheddar Sandwich** on fresh baked bread \$11.35
- Everything Bagelwich** (Jersey Oven everything bagel with fried eggs, cheese & choice of ham, bacon or sausage) \$11.75
- Verde Chicken Breakfast Wrap** (flour tortilla, scrambled eggs, green chile chicken, pico de gallo & Monterrey Jack cheese, topped with queso sauce & poblano crema) \$13.95
- Meat Lovers Breakfast Wrap** (flour tortilla, scrambled eggs, ham, bacon, sausage, Monterrey Jack & cheddar cheeses) \$13.95

***Eggs Benedicts**

(Served with hash browns - GF English muffin on request)

- Hayden's Eggs Benedict** (English muffin, ham, poached eggs & hollandaise) \$12.95
- Florentine Benedict** (English muffin, tomato, spinach, poached eggs & hollandaise) \$12.95
- Pastrami Benedict** (English muffin, pastrami, poached eggs & hollandaise) \$13.95
- Maryland Crab Cakes Benedict** (English muffin, lump crab, poached eggs & hollandaise) \$14.95
- Mix-n-Match Eggs Benedict** - choice of two benedicts above \$15.75

Hot Off the Griddle

- Crunchy French Toast** with sliced bananas & strawberries, syrup or fresh strawberry jam \$12.75
- Classic Cinnamon Raisin French Toast** with candied pecans, powdered sugar, whipped butter & syrup \$11.45
- Stack of Three Buttermilk Pancakes** with syrup & butter \$9.75 **Short Stack Buttermilk Pancakes** \$6.95
- Stack of Banana, Blueberry, Chocolate Chip and/or Strawberry Pancakes** \$10.95

Fresh From the Bakery

- Cinnamon Roll or Strawberry Pinwheel** with homemade cream cheese frosting \$3.95
- Health Nut Muffin** (gluten-free & oat flours, fruits & veggies, nuts, seeds, soy oil & egg) \$4.25
- Lemon-Blueberry Muffin** or **Mini Vegan GF Banana Loaf** \$3.75
- Fresh Baked White, Wheat or Cinnamon-Raisin Bread** with whipped butter & fresh strawberry jam \$1.95
- Bagels baked by Jersey Oven Bagels** served with plain or flavored whipped cream cheese \$4.45
- Fruit & Nut Granola Yogurt Combo** (oats, nuts, raisins, craisins, seeds, soy oil, sugar & honey) with vanilla Greek yogurt, seasonal fresh fruit & choice of fresh baked muffin \$10.75






***Specialty Breakfast Sides**

- Maryland Crab Cake** \$5.95 **Grilled Pork Chop** with compote \$7.95 **Tommy's Pastrami Hash** \$6.95
- Single Egg Benedict** \$6.95 **Biscuits & Gravy** (only on weekends from 7am to noon) \$7.95


* Consuming raw or undercooked eggs, meats, poultry, seafood or shellfish may increase your risk of foodborne illness *

LUNCH IS SERVED ALL DAY!



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Starters

- Hand Cut & Battered Onion Rings** \$8.95 **Basket of Fresh-cut Fries** \$5.95 **Chili-Cheddar Fries** \$10.45
-  **Chef Tom's Chicken Nachos** (fresh fried corn tortilla chips, grilled chicken, beans, queso sauce, Monterrey Jack cheese, pico de gallo & smoked poblano crema) \$12.95
- Chicken Quesadilla** (flour tortilla, chicken, pico de gallo, Monterrey Jack Cheese & side of poblano crema) \$10.95
- Goat Cheese & Pastrami Quesadilla** (flour tortilla, pastrami, roasted tomato, herbed goat cheese, Monterrey Jack Cheese & side of poblano crema) \$11.95



Soups & Salads

-  **Bowl of Spicy Tortilla Soup** (spicy chicken stock, grilled chicken, pico de gallo, avocado, Jack cheese & tortilla chips) \$6.95
- Bowl of Soup of the Day** \$6.95 **Cup of Soup of the Day or Spicy Tortilla Soup** \$4.45
- Side Caesar Salad or Garden Salad** (with choice of Ranch, Italian, Balsamic Vinaigrette, honey mustard or 1000 Island) \$6.45
- Chicken Caesar Salad** (grilled chicken breast, chopped romaine, shaved parmesan cheese & fresh baked croutons) \$11.95
-  **Beef Machaca Salad** (spicy braised beef, romaine, beans, black olives, pico de gallo, green chiles, avocado, Monterrey Jack cheese & corn tortilla chips) \$13.95
- Feast Grilled Chicken Salad** (grilled chicken breast, romaine, apples, strawberries, red onion, raisins, shaved parmesan, candied pecans & Balsamic vinaigrette) \$12.95
- Fried Chicken Salad** (chicken tenders, mixed greens, bacon, black olives, tomato, cheddar cheese & choice of dressing) \$12.95
- Chop Chop Salad** (iceberg, turkey, apple, cucumber, tomato, onion, candied pecans, parmesan & apple vinaigrette) \$11.95

*Sandwiches

- (served with fresh cut fries, or substitute cup of soup, side salad or onion rings for \$1.95 more. Add cheese or avocado for \$1 more)
-  **Tommy's Hot Pastrami & Swiss** (fresh baked bun & yellow mustard) \$13.95
- Reuben Sandwich** (rye bread, pastrami, Swiss cheese, sauerkraut & 1000 Island dressing) \$14.95
- Turkey, Bacon & Tomato Melt** (sourdough & Monterrey Jack cheese) \$13.95
-  **Veggie Melt** (sourdough, grilled zucchini, eggplant, mushroom, onion, basil & herbed goat cheese) \$11.95
- Grilled Cheese** (fresh baked white bread with American, Havarti & cheddar cheeses) \$9.95
- Grilled Ham & Cheese** (fresh baked white bread with ham, American, Havarti & cheddar cheeses) \$10.95
- Classic Club** (fresh baked white bread, turkey, bacon, ham, American cheese, lettuce, tomato & roasted garlic aioli) \$13.95
- BLTA Sandwich** (fresh baked white bread, bacon, lettuce, tomato, avocado & roasted garlic aioli) \$11.45

Dogs & *Burgers


- (served with fresh cut fries, or substitute cup of soup, side salad or onion rings for \$1.95 more. Add cheese or avocado for \$1 more)
- ( Veggie Patty or Chicken Breast may be substituted in any burger for \$1 more)
- All Beef Hot Dog** on fresh baked bun \$8.95
- Basic Burger** on fresh baked bun (lettuce & tomato) \$11.45
- Bacon Cheese Burger** (lettuce, tomato, pickles, roasted garlic aioli & choice of cheese) \$13.95
- BBQ Bee-Sting Burger** (pepper Jack cheese, spicy BBQ sauce, onion rings & roasted tomato) \$14.45
-  **Nanny's Burger** (green chile, avocado, lettuce, tomato & Jack cheese) \$13.45
- Patty Melt** (grilled sourdough, caramelized onion, American & Swiss cheese) \$15.45

Beverages

-  **Flat Tire Diner Blend Coffee or Decaf** \$3.45  **Fresh Squeezed Lemonade** \$4.75
- Fresh Squeezed OJ small** (equals ~5 oranges) \$3.45 **Sweet or Unsweet Fresh Brewed Iced Tea** \$3.45
- Fresh Squeezed OJ large** (equals ~8 oranges) \$4.95 **Arnold Palmer** (1/2 tea 1/2 lemonade) \$3.95
- Fresh Squeezed OJ carafe** (equals ~22 oranges) \$10.45 **Coke, Diet Coke, Sprite, Dr Pepper or Rootbeer** \$3.45
- Lg Apple, Cranberry or Tomato Juice** \$3.95 **Shirley Temple** (Sprite) or **Roy Rogers** (Coke) \$3.95
- Lg Milk or Hershey's Chocolate Milk** \$3.45 **Imported Glass Bottled Mexican Coke** \$3.75
- Hot Cocoa with whipped cream** \$3.75 **Red Bull** (choice of flavors) \$4.95
- Hot Tea** (choice of flavors) \$3.05

Beer, Hard Cider/Seltzer & Mimosas

We check IDs - no alcohol will be served to, consumed or purchased by anyone under 21 years of age.

- Draft & Bottled Beer** Import & Domestic \$ (varies) **Hard-Cider, Hard-Seltzer & NA Red Bull** \$ (varies)
-  **Mimosas** made with fresh squeezed OJ and Hard-Cider, Hard-Seltzer or non-alcoholic Red Bull \$ (varies)

Finish with something sweet from our Bakery & Dessert Menus!

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